



SENIOR HAPP'Y'NINGS

MAY / JUNE 2016

SCITUATE COA
27 BROOK STREET
SCITUATE, MA 02066
781-545-8722



COA STAFF

Director - Linda Hayes, x15
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Administrative Assistant
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jjohnston@scituatema.gov

Transportation Coordinator
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Van Drivers: Mary, Jay, John
Steve; Phil & Sheila (Summer)

Outreach Coordinator
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**Activities & Volunteer
Coordinator—**
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lthornton@scituatema.gov

Manager of Social Services
Laura Minier
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COA BOARD

Dr. Gordon Price, *Chair*
Audrey Reidy, *Vice-Chair*
Pat Conway, *Secretary*

Dale Balog
John D. Miller
Lucille Sorrentino
Janice Lindblom
Selectman Liaison
Marty O'Toole

SENIOR CENTER

HOURS OF OPERATION:

Monday through Thursday
8:30 AM to 4:30 PM

Friday 8:30 AM to 3:00 PM

Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

From the Director

"For it is in giving that we receive." St. Francis of Assisi

As I write this, it is Volunteer Appreciation month and we here at the Senior Center are infinitely appreciative of our volunteers who answer our phones, lead activities, provide information and entertainment, pick-up and prepare food donations for distribution, clean our kitchen(!), get the newsletter out the door, drive to appointments, as well as advocate, direct and tend to so many more needs of the staff and visitors. We recognize and thank you for your time, efforts and energy on our behalf and that of the many seniors whose lives you touch. Our annual appreciation luncheon will be in June and those who have given hours throughout the year will receive your invitation in the mail.

I also wanted to revisit the success of our free film screening of the 'Age of Love' movie on April 1 and thank the Scituate Cultural Council for their support of the program. Not only did we nearly fill the theater with interested viewers, but I am encouraged by the number of individuals who have joined the conversation and helped us realize that we do need to recognize the 'single' senior set in providing opportunities for mingling and meaningful connections. Make sure you read Laura's *The Well Mind* (p.7) for more inspiring insight!

In honor of National Poetry Month in April, here is a poem I recently came across that I felt had a lot to say and I wanted to share—

"I bargained with Life for a penny,
And Life would pay no more,
However I begged at evening,
When I counted my scanty score.

"For Life is a just employer,
He gives you what you ask,
But once you have set the wages,
Why, you must bear the task."

"I worked for a menial's hire,
Only to learn, dismayed,
That any wage I had asked of Life,
Life would have willingly paid."

By poet Jessie Rittenhouse/
from *Think and Grow
Rich* by Napoleon Hill

*I hope you can take advantage
of our programs this spring.
We have some special events
coming up for the summer as
well! Stay tuned! Lots is
happening!*

♥ Linda



CAREGIVER SUPPORT GROUP (DAY)

The Scituate COA Support Group for all caregivers meets the third Wednesday of every month at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. The group is led by Laura Minier, Social Services Manager for the Town of Scituate and Chrissie from South Shore Elder Services. Both have great experience facilitating support needs of caregivers of all types. Please call 781-545-8722 if you have any questions.

OTHER AREA SUPPORT GROUPS

CAREGIVER SUPPORT GROUP (EVENING)

On first Wednesday of the month at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Led by Bonnie Haley. Drop-in or call Bonnie at 617-686-6173 or Sunrise at 781-383-6300.

CAREGIVER SUPPORT GROUP (EVENING)

On third Tuesday of the month at 7:00 PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1452.

MID-STAGE ALZHEIMER'S GROUP

On second Wednesday of each month at 10:30 AM at Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

VISION SUPPORT GROUP

On fourth Monday at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.**

HAVE YOUR BLOOD PRESSURE CHECKED!

Town nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at the **Senior Center on the 3rd Wednesday of month at 10:30-11:30 AM.**



LAUGHTER YOGA *with Jill*

Try our **Laughter Yoga** group where we laugh together without the use of jokes or props. It is FREE and open to anyone. Laughing with a little healthful breathing, without jokes, for the fun of it! **AND it's good for you!** Meets on the **1st and 3rd Friday** of each month at St. Luke's at 11:30-12:30 AM. Try this out!!



BALANCE FOR LIFE—*New Fall Prevention Exercise*

New exercise class funded by Mass Council on Aging. Developed by a physical therapist to strengthen and reduce risk of falls. Join us to strengthen & tone with Sue! Lots of fun! Mondays at 11:30; Thursdays at 2:30 at St. Luke's.

Tai Chi for Healthy Aging—24-week program in Introductory Tai Chi forms and foundation to promote better balance. Sign ups preferred to determine best start date. Tuesdays 1:30 at St. Mary's.

PROFESSIONAL MEETINGS

ASK A LAWYER

If you have a legal question, you can schedule a complimentary half-hour appointment with one of attorneys volunteering on the **3rd Friday** of each month at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service. **Call 781-545-8722 for an appointment.**

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell meets at the Senior Center usually on the 4th Friday each month. If you have questions or concerns to discuss, ***please call 781-545-8722 to confirm the next date.*** Meetings are up to 30 minutes.

FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning?

Deborah Flanagan, Edward Jones Financial Advisor is available free-of-charge for a half-hour by appointment on the first Monday of each month at the Edward Jones Office at 103 Front Street in Scituate. Please call the Senior Center to be referred for an appointment.

Adrienne Rowles, Wealth Advisor, CFDP with Raymond James is now LOCAL with new offices in North Scituate. She focuses on tax efficient, income producing portfolios and legacy planning. She is available for free 30 minute appointments at the Senior Center on the following dates:

May 13th 9-10 am and June 10th 9-10am. Please call for an appointment.

One more TECH TIME with SHS Interact Club Students

Wednesday, May 11 @ 3:00 PM

Join these clever students who will sit and help you out with your tablet/iPad or mobile/smart phone (iPhone). ***Please signup in advance!***



Programs and Events

Café Lifelong Learning

Nineteenth Century Farming in Scituate
with Bob Jackman

Wednesdays, 1:00 pm - 2:30 pm—6 weeks

May 11, 18, 25, and June 1, 8, and 15. Tuition \$20

An overview of Scituate as a farming community. Working with documented sources and maps illustrating locations of some Scituate farms, identifying some of the local practices for raising livestock; growing and marketing produce; and managing woodlots to provide sufficient wood for heat and lumber; as well as changes in farming implements and machinery over time.

Please call to register in advance; payment requested at sign-up.

WEDNESDAY CAFÉ

@ Scituate Senior Center
Interesting talks, social opportunity,
coffee & snacks.



Wednesday, May 11 @ 10:30 AM

Dog Therapy with Scituate resident Wendy Weinberg and Daisy Mei, a registered Therapy Dog Team through Dog B.O.N.E.S. (Building Opportunities for Nurturing and Emotional Support) Therapy Dogs of Massachusetts. Daisy Mei is also certified as a Canine Good Citizen, as well as a Reading Partner Dog.

Wednesday, June 1 @ 10:30 AM

What Does It Take to Survive 3-1/2 Years as Prisoners of the Japanese in WWII? with local author Robine Andrau on her book, *Bowing to the Emperor: We Were Captives in WWII*, recounting her story and her experience.

Wednesday, June 15 @ 10:30 AM

Welcome Adam Conrad from Mountain One Bank for a review of financial concerns and considerations and opportunities for financial safety & security.

Wednesday, June 29 @ 10:30 AM

Who doesn't like milk & cookies?

Join Jennifer Nosalek from Hahn Home Health Care for a taste test of a variety of soy, almond & coconut milks while learning the myths and benefits of each. Of course you can't have milk without cookies so come and bring your sweet tooth.

Please call Jill to register in advance, x10.

MEN'S BREAKFAST @Widow's Walk!

Monday, MAY 2 — Ron Wheatley, Scituate author sharing his new book. *"A Time for War: Veterans' Stories from One American Town: Scituate, Massachusetts"*.

Monday, JUNE 6—Nate Murray, President/Owner of Visiting Angels - *How to spend retirement years fruitfully and with meaning.* (Postponed from April snow!).

Please call to reserve with Jill, x10

Wellness Program - Lunch included

LIVE YOUR LIFE WELL

Wednesday, June 8 at 10:00 - 2:00 PM

10 Topics to cultivate well being

10 Topic leaders rotating between small groups

Please call to register if you are interested -
781-545-8722, x10

Health and Lifestyle Fair

Thursday, May 5, 2016

10:00-1:00 @ St. Luke's

Exhibits; Presentations; Demonstrations & Screenings

Postural Screens with Spinal Analysis, Blood Pressure, Blood Sugar; Bone Density, Hearing, and more

Health & Wellness Experts;

Lifestyle Topics & Fitness Options

Mini-talks on Moving and Organizing; Disability Awareness; Mercury Disposal; and more

FOCUS GROUP :

SOUTH SHORE ELDER SERVICES (SSES) as our Area Agency on Aging (AAA) will conduct a focus group at 10:00 AM to discuss critical needs and challenges facing seniors in order to remain in their own homes healthy and active with a high quality of life. Call ahead if interested!

Healthy Eating Workshop

NEW evidence-based workshop with trained leaders to review and reinforce topics on healthy eating habits and nutrition to give you more confidence and understanding of changing needs and benefits as we age.

6 weeks - Thursdays, **June 2-July 21 @ 10:30-12:30**; no meeting on 6/30; @Senior Center; *Call to register!*

Announcements and Information

TOWN BOARD/COMMITTEE OPEN HOUSE at Jenkins School Cafeteria on Thursday, May 5 at 7:00 PM-8:30 PM to provide information to the community about the various boards and committee opportunities and to encourage participation and public involvement with Town of Scituate's many endeavors.

The Council on Aging Board will be filling 3 vacancies this June. Applications are available on the town website and should be submitted to the Board of Selectmen's office at Town Hall in May.

CULTURAL FIELD TRIPS



Tue, May 17 - Lunch at **The Brass Lantern** at South Shore Vocational High School in Hanover. Prepared and served by professional students, menu items are very affordable & delicious. Menu includes soups, salads, sandwiches, fish and many other entrees. House-made pastry available to buy and take home! Reservation required for the van ride.

Wed, May 25 - **Tower Hill Botanical Garden**, Boylston, MA. Departing: Cost for admission/van: \$12, tour \$9; lunch additional; 10:30-2:00 PM; depart from Senior Center @8:45 AM.

Friday, June 3 - **Fuller Craft Museum, Brockton.** Departing at 9:30 AM from St. Mary's parking lot. Cost for admission \$10 & van \$3. Departing Museum at 1:00 PM for return trip.

Contact Lisa Thornton 781-545-8722, x12. Must have payment.

EXERCISE CLASSES

Gentle Floor Yoga \$10 / \$12

@ 9:00-10:00 on MONDAY & WEDNESDAY at St. Luke's (Elizabeth)

@ 9:00-10:00 on FRIDAY at Maritime Center; May 13-June 17 (Anne—6 weeks only*)

Chair Yoga @ 10:15-11:00; \$5

MONDAY & WED at St. Luke's; FRIDAY at Maritime*

Cardio Class with Chris; \$3

TUESDAY @ 9:00-10:00 AM at Senior Center;

THURSDAY @ 1:00-2:00 PM at St. Luke's

Joint Efforts Gentle Exercise @ 10:00-11:00; \$2

MONDAY/FRIDAY at Senior Center (NVNA)

Laughter Yoga (No charge)

1st & 3rd FRIDAY @ 11:30-12:30 at @ St. Luke's (Jill)

ZUMBA GOLD 'Dance' Exercise; \$5

WEDNESDAY @ 1:15-2:00 PM at St. Luke's (Pasqualina)

Balance for Life (Grant-funded; Fall Prevention)

MONDAY 11:30; THURSDAY 2:30 at St. Luke's (Sue)



Success for Age of Love!

Thank you to all who attended the film and helped to support the conversation!

AgeOfLoveMovie.com #nevertoolatetodate
130 people attended the free screening at Mill Wharf Cinema and 35 participated in the discussions after the movie. At this writing we are planning our speed-dating event and look forward to reporting on the success of this unique evening for our 20 adventurous souls.

StoryCorps Project with High School Students

Memories are valuable, and students at SHS want to help preserve them. Are you willing to share some of your stories to help strengthen and build the connections between people and generations? All interviews will be recorded using National Public Radio's *StoryCorps* program and will be preserved in the Library of Congress for future generations. Some excerpts may be published in local newspapers and celebrated in the community. The goal is to interview at least **15 seniors** in order to teach people about the past, and pass on valuable life lessons. If you are interested in participating, please **call Lisa Thornton to register.** Interviews will take place on **May 3rd at 1 pm** and **May 12th at 3 pm** at the Senior Center. Each interview will last about 30 mins.

Yardwork Services with LAUNCH!

Launch is a community-based work program employing individuals with special needs. Possible raking, pruning, edging, wood stacking, final lawn mowing, weeding & hedge trimming. **There is a cost involved.**

An assessment of work is required before acceptance of the job. Work must be a match with the skills and abilities of the participants—they are not professional contractors. Disposal of debris is the responsibility of the homeowner. Work crews are supervised.

Please call Jenny Gerbis, 781-545-8722, x14 at the Scituate Senior Center if you are interested in an estimate for work.

MAY 2016

Mon	Tue	Wed	Thu	Fri
2 9:00 Yoga*/Men's Break 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 12:30 Art Class <u>4:15-6:15 Pickle-ball*</u>	3 9:00 Cardio / Shaws 10:15 Mah Jongg 10:30 Garden Club 12:30 Expressive Writing 1:30 Tai Chi for HA*	4 9:00 Yoga* 10:15 Chair Yoga* 10:30 Coloring 1:15 Zumba Gold*	5 9:00 Harbor Shops 10:00 Health & Lifestyle Fair 1:00 Knitting/ Cardio* 2:30 Balance for Life* 4:00 Art Class	6 10:00 Joint Efforts Exercise 11:30 Hand & Foot/Bridge 11:30 Laughter Yoga*
9 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 12:30 Art Class <u>4:15-6:15 Pickle-ball*</u>	10 9:00 Cardio / Shaws 10:15 Mah Jongg* 12:30 Expressive Writing 1:30 Tai Chi for HA*	11 9:00 Yoga*/HanoverMall 10:30 Cafe Talk 10:15 Chair Yoga* 1:00 Scituate Farming 1:15 Zumba Gold* 3:00 Tech Time	12 9:00 Harbor Shops 1:00 Knitting/ Cardio* 2:30 Balance for Life* 4:00 NO Art Class 5:30 SCO A Board Mtg	13 9:00 Yoga-Maritime* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 12:00 Friday FLIX
16 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 12:30 Art Class <u>4:15-6:15 Pickle-ball*</u>	17 9:00 Cardio/Shaws 10:00 Mah Jongg 1:30 Tai Chi for HA*	18 9:00 Yoga* 10:15 Chair Yoga* 10:30 Blood Pressure 12:00 Caregivers Support 1:00 Scituate Farming 1:15 Zumba Gold*	19 9:00 Harbor Shops 10:30 Book Club 1:00 Knitting/ Cardio* 2:30 Balance for Life* 4:00 Art Class	20 9:00 Yoga-Maritime* 9:00 Ask a Lawyer 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Hand & Foot/Bridge 11:30 Laughter Yoga*
23 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 12:30 Art Class <u>4:15-6:15 Pickle-ball*</u>	24 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	25 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 10:30 Coloring 1:00 Scituate Farming 1:15 Zumba Gold*	26 9:00 Harbor Shops 1:00 Knitting/ Cardio* 2:30 Balance for Life* 4:00 Art Class	27 9:00 Yoga-Maritime Ctr* 9:00 Rep Cantwell 10:15 Chair Yoga* 10:00 Joint Efforts Exercise 12:00 Friday FLIX
30 MEMORIAL DAY HOLIDAY	31 9:00 Cardio 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	RMV On-line transacinos hours using Senior Center public computer workstations: TUESDAY -FRIDAY at 8:30-10:00; TUES/THURS at 3:00-4:30.		
*Denotes program held off site ALSO: Badminton on Wednesdays at Jenkins School @ 6:00 PM!				

JUNE 2016

Mon	Tue	Wed	Thu	Fri
**PICKLE-BALL PLAY @JENKINS SCHOOL FOR MAY AND JUNE ON MONDAYS BEGINS @4:15 PM	NEW: Hand/Foot Card Game with instruction and Bridge Play - call ahead to call you seat! 1st/3rd Fridays @ 11:30	1 9:00 Yoga* 10:15 Chair Yoga* 10:30 Café Talk 1:15 Zumba Gold*	2 9:00 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	3 9:00 Yoga— Maritime* 10:00 Joint Efforts Exer 10:15 Chair Yoga* 11:30 Hand/Foot; Bridge 11:30 Laughter Yoga*
6 9:00 Men's Break*/Yoga 10:00 Joint Efforts Exercise 10:15 Chair Yoga 11:30 Balance for Life* 12:30 Art Class 1:00 Financial Advisor	7 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	8 9:00 Yoga* 9:00 Hanover Mall 10:00 <i>Live Your Life Well</i> 10:15 Chair Yoga* 1:30 Zumba Gold*	9 9:30 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 5:00 COA Board Meeting	10 9:00 Yoga— Maritime* 10:00 Joint Efforts Exer 10:15 Chair Yoga* 12:00 FRIDAY FLIX
13 9:00 Yoga 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 12:30 Art Class	14 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	15 9:00 Yoga* 10:00 Café Talk 10:30 BP Clinic 10:15 Chair Yoga* 12:00 Caregivers Support 1:30 Zumba Gold*	16 9:00 Harbor Shops 10:30 Healthy Eating 10:30 Book Club 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	17 9:00 Yoga— Maritime* 9:00 Ask a Lawyer 10:00 Joint Efforts Exer 10:15 Chair Yoga* 11:30 Hand/Foot; Bridge 11:30 Laughter Yoga*
20 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 2:30 Art Class	21 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	22 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 1:30 Zumba Gold*	23 9:00 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	24 9:00 Rep Cantwell 10:00 Joint Efforts Exer 12:00 FRIDAY FLIX
27 9:00 Yoga* 10:00 Joint Efforts Exercise 10:15 Chair Yoga* 11:30 Balance for Life* 12:30 Art Class 4:15 Pickle-ball*	28 9:00 Shaws 10:15 Mah Jongg 1:30 Tai Chi for HA*	29 9:00 Yoga* 10:15 Chair Yoga* 10:30 Café Talk 1:30 Zumba Gold*	23 30 9:00 Harbor Shops 10:30 Healthy Eating 1:00 Knitting 2:30 Balance for Life* 4:00 Art Class	* Denotes program held off site ALSO: Badminton on Wednesdays at Jenkins School @ 6:00 PM!

Outreach and Social Services

SHINE

Serving the Health Information Needs of Everyone

Norman Tetreault, our dedicated SHINE volunteer, is available BY APPOINTMENT at the Senior Center to discuss issues and concerns regarding your health insurance coverage. His schedule varies each month.

Please call 781-545-8722, x10 for an appointment.



INTRODUCING our new Scituate Police Liaison to the COA—Officer Sarah Fantasia.

Officer Fantasia has been a police officer with Hanson for 13 years prior to joining the SPD last year. She is well-trained, highly qualified and a resident of Scituate. In addition to her regular duties with the SPD, she will be available as a special resource and contact for the COA for any issues, questions or concerns involving Scituate seniors. A coffee will be planned during the summer to introduce her and help her get to know us!

TUESDAYS @ HOUSING AUTHORITY ~ 30-minute visits w/Jenny Gerbis, Outreach

Tuesdays, May 3 & June 7, 9:00 @ Lincoln
Tuesdays, May 10 & June 14, 9:00 @ Central
Tuesdays, May 17/June 21, 9:00 @ Wheeler

Did you know about these Consumer Protections through the Department of Telecommunications and Cable (DTC)?

Verizon cannot terminate basic landline telephone service to households where all residents are 65 years of age or older.

Verizon is required to provide free unlimited, local directory assistance calls (numbers within Massachusetts) to landline telephone customers who are 65 years of age or older and/or certified persons with disabilities.

Landline or Wireless discounted telephone service is available for eligible low income consumers through the government's Lifeline Program.

Complaints can be filed by contacting our Consumer Hotline at 1-800-392-6066, or online, by visiting: <http://www.mass.gov/ocabr/government/oca-agencies/dtc-lp/consumer-dtc/file-a-complaint.html>.

RMV NEAR ME! Skip the Line/Go online!

Available for seniors and disabled clients at the Scituate Senior Center. Do your Registry/RMV transactions on-line using Senior Center computers/assistance. Hours: TUESDAY - FRIDAY at 8:30-10:00; TUES/THURS at 3:00-4:30. Transactions include: License renewal (under 75); Registration renewal; Address change; Lost/stolen placard.

MEALS for Seniors in Scituate on

MONDAY, WEDNESDAY & FRIDAY; \$2 sponsored by South Shore Elder Services at Harbor United Methodist Church. 12:00-1:00 PM.

SSES also operates the *Meals on Wheels* program for home-bound or convalescing seniors Monday-Friday—Call 781-545-5885 or 781-848-3939 to register for this service.



The Well Mind by Laura Minier, LICSW



On April 1, the Senior Center hosted the charming, witty documentary, *"The Age of Love."* With love on my mind, I stumbled upon a recent article published in *PsychologyToday.com* by contributor Rolf Reber, PhD. Dr. Reber wrote of a Dutch study which found that the process of falling in love followed an invariant pattern, one in which a series of steps had to take place in order for love to bloom. The steps were identified as follows:

First, a person who meets another person has to be *willing* to fall in love. In other words, the timing has to be right. Someone who just came out of a difficult relationship, or who is overwhelmed caregiving for a loved one, or who recently lost someone may not be ready to fall in love.

If the person—let's call her Addie—is ready, then the second step in the process is meeting someone who attracts her attention. Attraction can be physical, mental, and/or emotional but some type of attraction needs to take hold.

In the third step, Addie needs to be witness to some sign of interest from the other person. It could be a smile or an acknowledgment of an opinion.

In the fourth step, Addie needs time away—hours or days—from her love interest which allows her to develop fantasies, hopes, and dreams about the other person. This is a time for her imagination to run wild. Think: Absence makes the heart grow fonder!

In the fifth and final step, Addie needs to be reunited with the person AND the person needs to show another sign of apparent interest for Addie, such as a smile. This, notes the author, marks the beginning of love blooming.

Contrary to the assumption that we are looking for "the one," Dr. Reber suggests that, "when we are ready to fall in love, we may not be too choosy." In fact, it is not until that initial passion wanes and commitment and intimacy grow that we can recognize our beloved as "the one." ♥

Transportation Information

Call Q Cutler, Transportation Coordinator, for all transportation requests at 781-545-8722, ext. 17

Reservations for out-of-town medical rides need to be made at least 5 days in advance as we schedule with South Shore Community Action Council which requires coordination. We ask 48-hours notice (2 business days) to schedule a local ride.

Our Council on Aging vans are available for local medical appointments, shopping and rides to/from home and locations in and around Scituate. You may see our newest 14-person van, courtesy of GATRA—and not to be confused with the public SLOOP GATRA bus service. A monthly pass for local rides is \$14/mo or \$2 round-trip. Regular, weekly COA van trips:

TUESDAY @ 9:00 am to Shaws in Cohasset;

WEDNESDAY @ 9:00 am to Hanover Mall and Trader Joe's;

THURSDAY @ 9:00 am to Scituate Harbor.

VOLUNTEER NEED:

Out-of-town Medical Transportation is provided through South Shore Community Action Council using their vans/drivers and riders must be able to get themselves into and out of the office locations without driver assistance in order to use this service.

We currently need volunteers willing to escort disabled or non-independent seniors who cannot safely ride the van independently to their destinations. If not currently a volunteer, then a CORI check must be run. If you are interested in providing this valuable assistance, please call Q Cutler or Lisa Thornton at 781-545-8722. Thank you!

Weekly & Monthly Activities - *Please remember to sign in always!!*

COA Book Club @ the Senior Center at 10:30 AM

Thurs, May 19 @ 10:30-11:30 - Orphan Train

by Christina Baker Kline

Thurs. June 16th @ 10:30-11:30 - The Book Thief

by Markus Zusak

Drop-ins welcome! Refreshments provided.



Expressive Writing with Liz Ennis

Tuesdays, just through May 10

@ 12:30

2 more weeks! Try this great writing group which uses a different *theme* each week to encourage healthy discussion and *expression*! Sharing, storytelling, connection.

Liz will be back in the Fall!

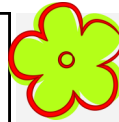
It's 'award-winning' months!! Don't miss these great selections! Comfortable, great viewing and sound. See flyer for movie descriptions. Always popcorn!

May 13: **Brooklyn** (2015; PG-13)

May 27: **The Martian** (2015; PG-13)

June 10: **The Intern** (2015; PG-13)

Jun 24: **The 100-Year-Old Man Who Climbed Out the Window and Disappeared** (2015; R)



GARDEN THERAPY

Tuesday, MAY 3 @ 10:30 am

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful SPRING arrangement! Limited! Call to register!

COA FRIDAY FLIX @ NOON



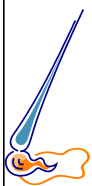
GAMES & RECREATION

Mah Jongg—This popular game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! COA provides game tiles. **TUESDAYS @ 10:15-12:00.**

NEW: Hand and Foot Card Game *with instruction by volunteer Nancy*; simultaneous **Bridge Play**—both on 1st & 3rd Fridays (alternating with movies) **@ 11:30 AM.**

Pickle-Ball—Jenkins School on **MONDAYS @ New Time: 4:15 - 6:15 PM through June.** JULY/AUG times TBD.

Badminton—Jenkins School on **WEDNESDAYS @ 6:00 PM.**



PAINTING CLASS @ Senior Center;

\$10 class

MONDAYS @ 12:30-3:30 PM

THURSDAYS @ 4:00-7:00 PM

(NO THURS CLASS on 2nd Thursday of month)

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Long-time Instructor Joanne Papandrea. *See supply list.*

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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WE'RE ON-LINE TOO!

You can find this newsletter (and all newsletters for the year) on-line at: <http://ourseniorcenter.com/find/scituate-council-on-aging>. Sign up with your e-mail and receive notice when it is available (well before mailing!)

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The website will also have our Calendar of activities for the two months and any special announcements, updated periodically.